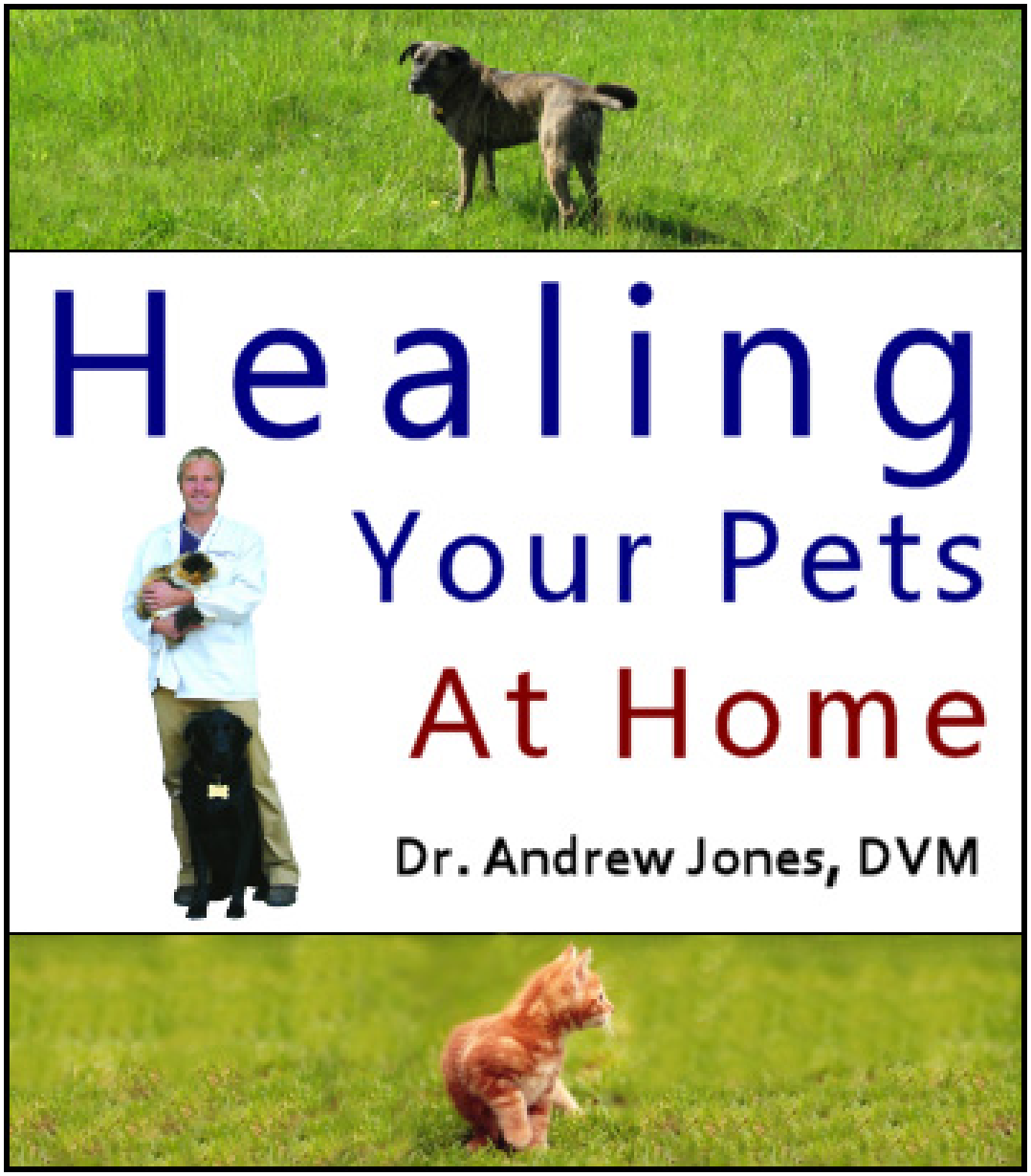
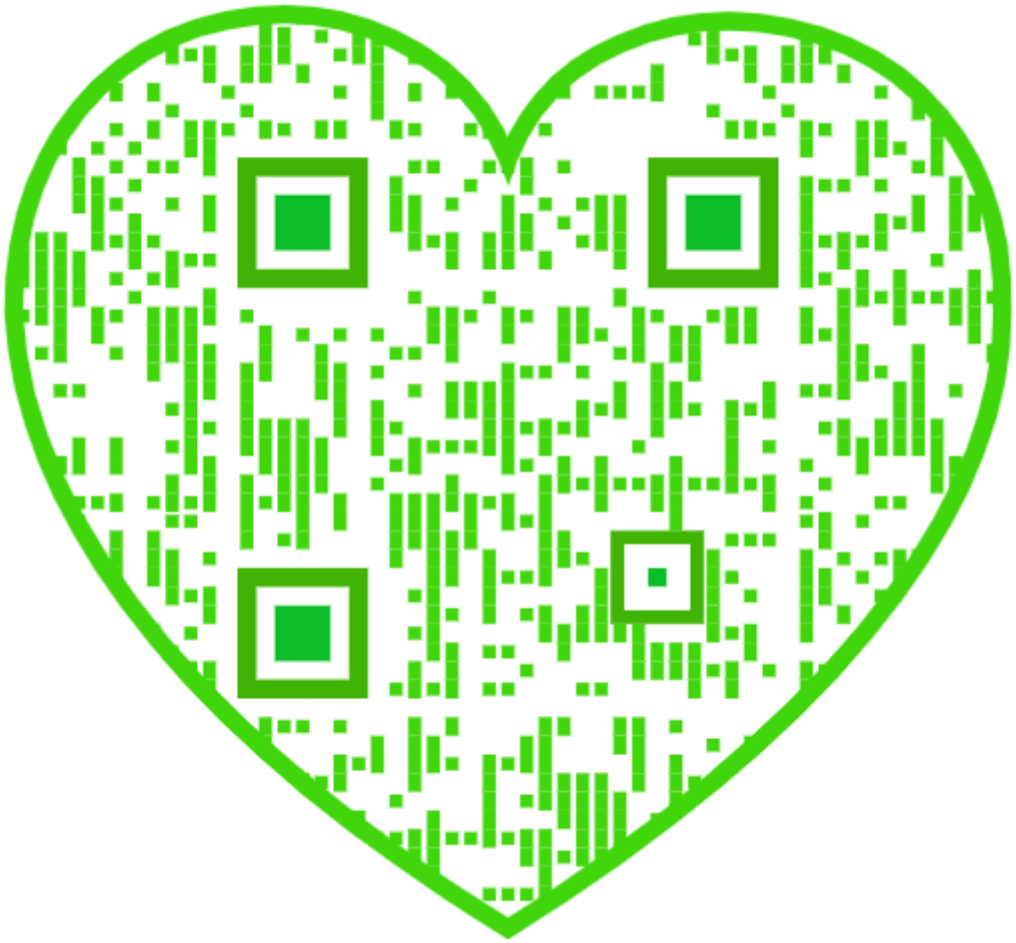


Veterinary Secrets Revealed

Healing Your Pet At Home: An Introduction

From: Dr Andrew Jones
Author: Veterinary Secrets Revealed
Website: www.veterinarysecretsrevealed.com



E-course Details

This is an introductory course on how to treat your cat or dog at home. Most of the material is applicable to both cats and dogs, although I do go into some health problems that are specific to cats or specific to dogs.

Part 1: Six Emergency remedies for poisoning and fever... knowing these can save your pet's life!

Part 2: Burning eyes, runny noses, inflamed ears... how to treat these and other problems naturally with safe and effective remedies.

Part 3: The one simple test to catch the early signs of cancer in your pet.

Part 4: Quickly relieve your pet's itching... and how to deal with bladder problems in cats.

Part 5: The messy stuff... how to treat vomiting and diarrhea... PLUS: does your dog have arthritis? What to do now.

Part 6: Coughing in pets - what it means and how to treat it. PLUS: how to treat heart disease and lung problems.

Part 7: Evaluation of blood pressure, treating kidney disease, treating anemia, plus how and what to put into a pet first aid kit. Assembling your pet first aid kit...having these supplies on hand can mean the difference between life and death.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

PART 1

Six specific at home remedies for Poisoning and Fever, which you can use right away to Treat Your Pet At Home!

WEEKLY EXAM

Your pet should get a thorough nose to tail exam once a week.

Get comfortable in examining your pet. Your pet should be fine with letting you put your fingers in his mouth or brushing his hair to feel for lumps.

The first thing that you have to be familiar with are 'normals':

Vital Statistics: Pulse and Heart Rate

Normal resting rates:
Cats: 150-200 bpm
Small dogs: 90-120 bpm
Medium dogs: 70-110 bpm
Large dogs: 60-90 bpm

Pulse should be strong, regular and easy to locate.

Checking the pulse

The easiest place to locate a pulse is the femoral artery in the groin area. Place your fingers on the inside of the hind leg and slide your hand upward until the back of your

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

fingers touches the abdomen. Gently move your fingers back and forth on the inside of the hind leg until you feel the pulsing blood. Count the number of pulses in 15 seconds and multiply that number by 4. This will give you the beats per minute (bpm).

If the pulse is elevated, then you may be dealing with a nervous pet, an underlying metabolic disease, such as hyperthyroidism, or a primary heart problem.

If the pulse is slower and weak, then I look for other signs of shock (i.e. internal bleeding) or a poison, such as marijuana toxicity.

This is what I would advise in the case of poison:

TO YOUR VETERINARIAN. If your pet is showing signs of ingesting a poison, it is important that she is examined by your veterinarian and treated appropriately. Some toxins can progress and lead to severe seizures. If you suspect Antifreeze poisoning, it must be treated within 4-6 hours, before irreversible kidney damage is done.

PURGE THE POISON. In most cases of poisoning, getting your pet to vomit is the most important thing that you can do. DO NOT INDUCE VOMITING if something caustic has been consumed (such as drain cleaner or bleach). To induce vomiting, give hydrogen peroxide at 1 teaspoon per 10 lbs of body weight. If your pet does not vomit in 10 minutes, repeat again. NEVER do more than two treatments of peroxide. You can also try salt: dilute 1 teaspoon of salt in a tablespoon of water per every 10lbs of body weight.

DELAY ABSORPTION. Activated charcoal is readily available at most pharmacies. It delays absorption of any toxin by binding to the toxic compound in the stomach. The easiest way is to give the capsule form. For those garbage-eating dogs (such as my

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

own dog) it is a good idea to have hydrogen peroxide and activated charcoal always on hand.

Temperature

A normal dog's temperature is 101 F (38.0 C), a normal cat's temperature is 102 F (38.5 C). Taking your pet's temperature involves placing a thermometer in their rectum. If your pet has a temperature of 103.5 F (39.5 C) or more, they have a fever.

Thermometer should be almost clean when removed. Abnormalities are indicated by blood, diarrhea, or black, tarry stool.

These are some of the remedies I would use if your pet had a fever:

KEEP THEM HYDRATED. Offer plenty of fresh water in different spots around the house. If your pet refuses to drink, use an eyedropper or turkey baster to squirt water into the side of its mouth. For an added boost, add Pedialyte, an electrolyte solution available from the pharmacy; minerals become depleted when your pet is dehydrated. Some pets prefer chicken or beef broth, or tuna juice; give them whatever works.

CALL YOUR VETERINARIAN. If a fever persists for more than 24 hours, and your pet is not drinking, then CALL your VET.

HOMEOPATHIC. A common remedy for fighting fever is Hepar sulph (Hepar sulphuris calcareum); give one 30C tablet every 6 hours for 3 days. Arnica is useful in fighting the aches and pains that go along with fever; give one 30C tablet per 40lbs of body weight every 4-6 hours.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

TWO QUESTIONS PEOPLE ALWAYS ASK ME

1. Andrew, do these remedies really work?

2. Andrew, Can I really learn how to treat my pet at home?

Yes, I've used these natural treatments for over a decade as a practicing veterinarian. And yes, thousands of people are using my remedies to heal their pets.

If you have a pet that is in need of veterinary care, the Veterinary Secrets Revealed Home Study Course (and the e-book or MP3 version) can help your pet. In addition, it is backed by a 60-day money back guarantee – not to mention the fact that you get to keep all the bonuses even if you request a refund.

To order, go to: http://www.veterinarysecretsrevealed.com/course.

Yours truly,

Dr. Andrew Jones, DVM

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

PART 2

How to treat common conditions of the eyes, ears and nose..

The Eyes

The surface of the eye (cornea) should be clear. The middle of the eye (pupil) should respond to light. You can shine a light into your pets' eyes and see the pupil constrict. The right and left pupils should be equal size.

The lens, which sits behind the pupil, should be clear. If it appears cloudy, then your pet may be developing cataracts. This may be normal for an aging pet, or may be a sign of disease, such as diabetes.

The area around the eye, the white tissue, is called the sclera. It should be a clear white color. In cases of liver disease, it will become yellow (jaundiced).

The pink tissue around the eye is called the conjunctiva; it is normally a light pink color. In infections, it becomes a darker pink and the eyes will produce a white or greenish discharge. There are a number of home remedies to treat conjunctivitis.

TO THE KITCHEN. Tea is more than just a drink. It has a product in it called tannins, which are anti-inflammatory and have antimicrobial properties. Brew up a strong cup of black tea and place 3-4 drops in the affected eye three times daily. It should be made daily to prevent contamination. More details are found in my e-book Veterinary Secrets Revealed (http://www.veterinarysecretsrevealed.com/).

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

The Eyelids should be free of any lumps or bumps; older pets commonly develop benign eyelid tumors, which may need removal by your veterinarian.

There should be no discharge from your pets' eyes; excessive tearing may indicate a blocked tear duct.

The last part of the eyes to examine is the 3rd eyelid. It sits in the corner of the lower eye closest to the nose. It is not usually seen. In cases of conjunctivitis, it may become very red. It contains a gland that can pop out (prolapsed 3rd eyelid gland). This may respond to anti-inflammatory medication or have to be treated surgically.

The Ears

Your pet should not be shaking their head; if they do there may be an ear infection.

The outside of the ear (pinna) should be a light pink and palpate as being flat. Any thickening could indicate an ear infection, allergy or a blood blister in the ear (aural hematoma).

The inside of the ear (ear canal) should be easy to see and free of discharge. A small amount of light yellow discharge is probably normal wax. Any foul smelling odor indicates an infection. A yellowy discharge often indicates a yeast infection. Hard black debris in your cats' ears likely indicates ear mites. If debris an odor are present, then clean your pets ears.

A safe home remedy involves a 50:50 mixture of vinegar and water. Drop the mixture in the ear canal, rub the base of the ear well to loosen up the debris, and then wipe out the excess by placing a cotton ball as deep as you can into the ear canal. Repeat the cleaning until the debris appears removed from the ear. One home remedy involves garlic soaked in olive oil for 12 hours. Remove the garlic clove and apply 5-6

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

drops into the ear twice daily for 7-10 days. As ear infections are often a result of an allergic reaction, products that modulate your pet's immune system will help.

See about Naturally Healing Your Pet at
http://www.veterinarysecretsrevealed.com/course and
http://www.veterinarysecretsrevealed.com/

Nose

Check for any signs of discharge from the right or left nostril. The occasional clear discharge is normal for some pets, but ongoing discharge indicates a problem, such as an allergy.

Your pet may benefit from a hypoallergenic diet, which can be bought commercially.

Home Allergy Diet for a 50 lb Dog

Boiled white fish or canned tuna	1 cup
Boiled potatoes or Cooked rice	4 cups
Calcium carbonate or Tums	1 teaspoon
Corn Oil	1 tablespoon
Potassium chloride (light salt)	1 teaspoon
One-a-day multivitamin	1 tablet

Mix all ingredients together and divide into equal portions, feeding 2 1/2 cups in the morning and 2 1/2 cups in the evening.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

Feline Home Allergy Diet for a 10 lb Cat

Canned Tuna in Fish Oil	1 cup
Cooked White Rice	1 cup
Cod Liver Oil	1 tablespoon
Calcium Carbonate or Tums	1/2 teaspoon
Potassium Chloride	1/4 teaspoon
One-a-day Vitamin	1/2 tablet
Taurine	500mg

Mix all ingredients so they are well blended together. This will make 2 cups of food, enough for 2 days. Feed 1/2 cup in the morning and 1/2 cup in the evening.

Whatever food you choose, it must be fed for 12 weeks. If after 12 weeks your pet it still scratching, then she probably doesn't have a food allergy.

Any purulent (thick, whitish) discharge is abnormal and indicates a bacterial infection in the nasal cavity or sinuses.

Feel that air is flowing through both nostrils by placing a hair in front of each nostril. An abnormal growth in the nose can block airflow into the nostril.

The nose may appear dry or wet; a wet nose means that the glands in the nose are producing more fluid. This is not a sign of disease.

The nose and end of the muzzle should be black or light pink. If it becomes inflamed and red, then your pet may have a condition called Collie Nose; this is a localized type of immune problem in which the immune system attacks the end of the nose.

Two simple home remedies involve removing plastic dishes if they are being used for feeding and applying a very safe topical herb, Aloe Vera.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

I have over 1 thousand at-home remedies for 60 common illnesses and diseases in my course and book - there is nothing comparable out there. The course includes the printed manual, the At-Home Pet Health Exam DVD, the full audio version on 5 CDs, plus 2 additional CD-ROMs.

Veterinary Secrets Revealed will provide all the information you need to keep your pet healthy or to improve the health of a sick pet.

In addition, Veterinary Secrets Revealed does it without medical jargon, without complicated procedures, and without an eye on the pharmaceutical companies' bottom line (yes, we Vets face the same pressures as human doctors.)

Veterinary Secrets Revealed will help your pet.

To order, go to: http://www.veterinarysecretsrevealed.com.

Yours truly,

Dr. Andrew Jones, DVM

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

PART 3

Mouth, neck and larynx: I will show you some of the home remedies that I use to treat cancer.

The head and neck area of your pet are very important areas to help diagnose some common diseases. It is important that you become comfortable examining your pet - an early diagnosis of an enlarged lymph node may mean the difference between life and death.

The Mouth

Examine the outside of your pets' mouth first. The base of the chin can become infected in cats with a condition called feline acne.

One effective treatment for this is topical Calendula. The lips should appear smooth and have no signs of inflammation.

Pay close attention to lip folds in the large breed dogs with lots of extra skin. If saliva accumulates, then wipe the area with a medicated antiseptic such as Hibitane.

Lift up your pets lips and examine their teeth. The gums should appear a healthy light pink color (except in breeds such as Chows with dark pigment). Pay close attention to the area where the teeth begin. Inflamed gums appear a darker red and may even bleed if you touch them.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

This is a sign of gingivitis and may mean your pet needs a dental cleaning. There are some little known home remedies for gingivitis.

SUPPLEMENTS. For cats with recurring gingivitis, lactoferrin can be helpful. The dose is one half a 350mg capsule daily mixed in syrup or baby food. Propolis is a product of honeybees and is an oral antiseptic. It is applied topically to the inflamed gums.

HEALING LOTION. Calendula lotion can be used to heal ulcers in the mouth and promote healing of damaged tissue.

Examine all the teeth (42 in a dog), (32 in a cat). The teeth should not be broken or cracked. None of the tooth roots should be visible.

In cats pay close attention to where the teeth join the gum line. They are prone to a condition called FORL (Feline Odontoclastic Resorptive Lesion). The tooth actually erodes at this spot. Unfortunately, the only answer may be a dental extraction, but this is important to discover early because they are very painful.

The Neck

Palpate base of the jaw and the beginning of the neck. In this area you can feel the corner of the bottom jaw (mandible).

Here you should be able to feel the submandibular lymph nodes and parotid salivary gland. Most of the time you won't feel anything in this area.

If there are palpable swellings, then the lymph nodes are probably enlarged suggesting an infection in the body. There are two other lymph nodes areas that I routinely check.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

The area in front of the shoulder blades has the prescapular lymph nodes. The area behind the knees in the rear legs has the popliteal lymph nodes. The lymph nodes may be enlarged due to a local infection, a generalized infection or even due to cancer.

Any lymph node swelling is serious, so have your veterinarian look for the causes of the swelling, but it is important to catch the signs early. Your pet may benefit from some immune stimulation. In my e-book, I discuss the use of specific herbs in cancer.

GREEN TEA (CAMELLIA) may stimulate the immune system and inhibit tumor growth. Standardized green tree extract dosage is 200mg per 40 lbs daily.

ESSIAC TEA. This contains a combination of herbs, which may inhibit tumor growth.

GARLIC. It has antioxidant and immune enhancing properties. It is best used in conjunction with other antioxidants. When given at high doses it can cause anemia in your pet, so it is best used in conjunction with your veterinarian. The dog dose is 1 clove per 50 lbs daily; the cat dose is 1/8 clove daily.

The Larynx and Thyroid gland

The last area of the neck to focus on is your pets Adams Apple (larynx). Feel for your pets' airway with your thumb and forefinger. Move your hand along the windpipe (trachea) until you feel the large firm cartilage in the middle of the neck. This is the larynx. In palpation you should find that with mild pressure your pet shows no discomfort and doesn't cough.

In cats pay close attention to the area around the larynx as this is where the thyroid gland sits. In cats with hyperthyroidism the gland is enlarged and often palpable. If

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

your cat is 10 years and older you should regularly check the thyroid gland and if it is enlarged, have your veterinarian screen for hyperthyroidism. There are some things you can do at home for your hyperthyroid cat.

CARNITINE. A supplement which has been found to be effective in reversing the signs of hyperthyroid disease in people: the starting cat dose is 250mg daily.

BUGLEWEED (Lycopus europeus) and MELISSA (Melissa officinalis). These are herbs that have been used in combination to combat the effects of hyperthyroid disease. Bugleweed has been shown to decrease thyroid hormone levels in rats 24 hours after administration. The standard dose is 1 drop per pound of the tinctures given twice daily.

If some of these tips and treatments have helped you, then you absolutely, positively MUST also go through 'Veterinary Secrets Revealed'.

It's at: http://www.veterinarysecretsrevealed.com.

Best wishes,

Dr. Andrew Jones, DVM

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

PART 4

How I naturally treat those itching dogs and solve bladder problems in cats.

I've seen every kind of problem come through my door, and have proven to myself and others that virtually every one of them can be treated or managed at home.

Don't get me wrong, I'm not trying to put myself or other Vets out of business - though some of the nasty e-mails I've received from them show that they think otherwise! All I want is to make sure that every pet owner is prepared to make their pet's life as long and fulfilling as possible.

In this part of the e-course, I discuss two oh-so-common problems - bad skin and problems with the bladder.

The Skin

The skin is the largest organ of your pets' body and reflective of what is going on in the body. Regularly brush your pet looking for fleas, lice or ticks. The hair coat should be soft and shiny.

If you are seeing areas of excessive shedding in your pet then you may be dealing with certain skin conditions such as mange, ringworm, hypothyroid disease or allergies; treatments for these are discussed in detail in the e-book.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

If your pet has areas of hair missing around the face that are not itchy, then he may have a type of mange called demodex. This small parasite shows up in pets with depressed immune systems.

One very safe effective treatment is Vitamin E given at 400IU per 40lbs once daily for 3-4 weeks.

If your pet has an excess of flaky skin (dandruff), then she may be in need of a essential fatty acid supplement. Flax is the best source for dogs at a dose of 1 teaspoon per cup of dog food. For cats use the liquid supplement (such as fish oil).

Take note of any palpable lumps or bumps.

Lipomas (benign fatty tumors) commonly occur on the chest wall. If your dog has a soft moveable lump on her chest, then it is probably a fatty tumor.

Sebaceous cysts are another common lump; they can often be distinguished by squeezing out a cheesy substance. They are also very soft. Lumps and bumps become more prevalent as your pet ages and their immune system weakens.

The most important thing in helping your pet is having them on a premium quality diet and supplementing with additional antioxidants. The ones I suggest using are Vitamin E and Vitamin C and specific flavonoids.

Any lumps that are firm, rapidly growing, not easily moveable should be considered serious and examined by your veterinarian.

Allergies are one of the most common reasons that I see pets. There are a huge number of allergens. The 3 main classes are Food, Fleas and Environmental. The most common signs are excessive scratching, paw and anal licking, hair shedding and excess dandruff.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

If you suspect that your pet has an allergy, then the first 2 things that I suggest are to eliminate external parasites as a cause, and to feed a hypo-allergenic diet for 4-6 weeks (there are many available).

Some very helpful at home remedies that I often use are:

TO THE BATH. An oatmeal shampoo with cool water will ease the itchiest skin. Leave the shampoo on for 10 minutes then rinse well. With the most severe allergies, bathe your pet twice weekly.

SOOTHE IT TOPICALLY. Calendula ointment is a herbal medication that has been successfully used to relieve the itch. Apply a thin coat twice daily to affected areas.

THE SUPPLEMENT CONNECTION. Fatty Acid supplements are very helpful in decreasing the level of inflammation. Omega 3 fatty acids are most important. A great, inexpensive source is ground Flax Seeds; I give 1 tsp per cup of dog food. Cats are unable to metabolize Flax, so I only recommend the liquid supplement for them. Other sources include fish oil, primrose oil and specific veterinary supplements.

Evaluation of the Genital and Urinary system

In male dogs look at the sheath of the penis to ensure there is no abnormal discharge. This is more common in intact males, so an easy remedy is to have your dog neutered. In female dogs examine the vulva. A common problem is skin fold infections.

These can be treated by washing the skin folds twice daily with an antiseptic such as Hibitane and applying a soothing cream such as Aloe Vera.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

The urinary system is more difficult to evaluate, but there are some things you can do at home. Signs of a bladder infection are frequently urination, which may have blood and may be painful.

There are a number of home remedies for bladder infections; the most effective are Vitamin C and Cranberry juice. The Vitamin C acidifies the urine making it more difficult for the bacteria to grow, as well as dissolving the more common type of crystal, struvite. The Vitamin C dose is 250mg per 20lbs daily.

If you have a male cat, then it is imperative to determine that he is not completely blocked up. Using your thumb and other four fingers, palpate the entire lower abdomen. An obstructed bladder will feel like a firm distended balloon. If your male cat has this condition, it is an emergency and he must be treated by a veterinarian!

I discuss ways to prevent your cat from getting obstructed; the most important thing is to feed a diet higher in moisture. This is accomplished with canned food. Then depending on the type of crystal he has it is important to either acidify the urine (with struvite) or make the urine more alkaline (oxalate crystals). An easy way to acidify the urine is to raise the meat protein level. Making the urine more alkaline involves decreasing the protein level and adding a supplement, potassium citrate.

I sincerely hope that you are learning a lot from this e-course - I know that there is nothing else out there like this.

Many of my friends say that I am crazy to give all this information away for free. Maybe I am, but I am helping thousands of pets by doing it.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

You should check out my full home study course. I guarantee that you will Treat Your Pet's Illnesses and Ailments Confidently, Competently And For Less Than It Would Cost If You Relied Exclusively On Professional Veterinary Services.

To order 'Veterinary Secrets Revealed Complete Home Study Course', go to: http://www.veterinarysecretsrevealed.com/course.

Best wishes,

Dr. Andrew Jones, DVM

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

PART 5

How to treat arthritis, vomiting and diarrhea

Musculoskeletal

In this part of the exam, we focus on the muscles and bones that help your pet move. Starting at the neck, run your hand along the spine to the base of the tail. Feel the muscles on both sides of the spine and notice if any feel unusually firm or knotted.

Pets can get a variety of conditions that will lead to muscle spasms in their back muscles.

Massage any tight muscles and take note of the area. A common condition in active dogs is to develop fusing of the spine (spondylosis). This can lead to decreased mobility, pinched vertebrae and back pain. Your pet will benefit from regular massage of the lower lumbar spinal muscles. Place your hands on either side of the spine and use deep circular digital pressure with your thumbs. Work on the affected area once daily for 5 minutes.

Next, palpate the bones and muscles of the legs. Start on the legs at the toes. Apply moderate pressure to the joints and move each joint back and forth. On the front legs pay close attention to any discomfort in the elbow or shoulder; these are common areas of arthritis. In the rear limbs, pay close attention to the knee and the hips for these are commonly arthritic. Your pet will resist moving these joints and may even yelp if she has arthritis.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

HERBAL. A variety of herbs are used at different times for arthritis. The ones I have seen to be most effective include: DEVIL'S CLAW, used in traditional African medicine and has scientific studies to back its effectiveness, give 100mg or 10 drops per 10 lbs of body weight.

ACUPRESSURE. GB 41, located on the bottom of the foot, in the depression of the two outside toes, and is especially good for arthritic pain in the hips.

METHYLSULFONYMETHANE. MSM is a supplement, found in some plants such as Horsetail. It works by reducing inflammation in the joints by acting as an antioxidant. The MSM dosage is 50mg per 10lbs of body weight daily.

IT'S IN THE CARTILAGE. GLUCOSAMINE HYDROCHLORIDE is the most important supplement to add to your pet's diet. The dose is 1/4 of a 500mg tablet once daily per 10 lbs of body weight. It helps to rebuild the cartilage and delay further cartilage breakdown.

Gastrointestinal

A common problem for pets is vomiting and diarrhea. Any vomiting pet must be evaluated for dehydration. If your pet is profusely vomiting (i.e. every few hours), then they are getting dehydrated and need veterinary care. If your pet is still consuming water and occasionally vomiting, then you can try some of the home remedies.

Two home remedies that are effective include HOMEOPATHIC and HERBAL remedies.

Nux Vomica is an effective homeopathic remedy for vomiting. Give 1 tablet of the 30C strength per 40lbs once daily for 3-5 days.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

GINGER. A tasty addition for a curry is also effective for vomiting. The dried herb dose is 25mg per lb or 1 drop per lb twice daily of the tincture

Diarrhea can be caused by a number of different things, from garbage, to parasites, to infectious agents (such as parvovirus). Most cases of diarrhea respond to symptomatic treatment at home.

The most effective one is 24 HOUR FAST. Stop putting food into your pet for 24 hours (Day 1). This allows the intestines to rest and regenerate. Always have access to plenty of fresh water. After 24 hours introduce a bland food for the next 24 hours (Day 2). Plain white cooked rice for dogs, feeding equivalent cups of rice as their normal diet.

For cats, protein is essential, try cooked chicken breast with the rice. After a day of the bland food mix 1/2 regular diet and 1/2 bland diet (Day 3). By the end of day 3 they should be back on their normal diet.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

I've just covered 3 of the most common reasons pets go to a veterinarian - Scratching, Vomiting and Diarrhea. Millions of dollars have been spent – and continue to be spent – on fixing these problems.

The treatments I covered may be all that you need for now. But I guarantee that you will use many of the thousands of at home remedies in my course and book.

I use them every day in practice. They work. No side effects. You should try it.

Best wishes,

Dr. Andrew Jones, DVM

By the way, if you are ready to step up and get 'Veterinary Secrets Revealed Complete Home Study Multimedia Course', you will find it at: http://www.veterinarysecretsrevealed.com/course.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

PART 6

Examination and natural treatment of heart disease and lung problems -plus how to finally treat your coughing pet at home…

I'll let you in on a little secret - Vets are only human. We don't have all the answers. Many times when we treat a pet, the pet was likely going to recover on his own. But we feel obligated to do something - it makes us feel better.

You know your pet better than anyone else. Take charge of your pet's health.

By reading this e-course you now know more alternative treatments than 90% of the Vets out there.

Your pet deserves all the options - don't you think?

The Heart

Your pets heart is easiest palpated on the left side of the chest at the 3rd, 4th and 5th rib space. This is located directly behind the left armpit.

Place your hand over the heart to feel it beating. You should be able to count the number of heartbeats in one minute.

A normal canine range is from 70-140. A normal feline range is from 120-200.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

Listen to the heart by placing your ear directly over it. You should be able to hear a quiet lub/dub. In some pets with heart problems you can actually hear a heart murmur. This sounds like a swish; at times you can actually feel a sensation with your hand (in veterinary terms this is called a precordial shrill).

If you suspect a heart murmur, have it confirmed by your veterinarian. Discuss treatment options, for there are some new effective conventional medications. But there are some things you can do at home. I discuss the use of two herbs that have been effective in heart disease.

HERBAL HELP. Hawthorn. It has been shown to increase the ability of the heart to contract as well as causing the outside blood vessels to dilate, make heart contraction easier. The dose is 2 drops per lb twice daily of the tincture.

DIRURETICS. In heart disease fluid will accumulate in the lungs and abdomen. Dandelion is a very safe diuretic herb. The dose is 2 drops per lb twice daily. Apis is a homeopathic treatment for excess fluid. The dose is 30C twice daily.

Lungs

The lungs provide the oxygen to your red blood cells that allow our bodies to function. In evaluating the lungs, stand back and watch your pet breath.

Normal respirations are only with slight rises and falls of the chest.

The rate is quite low, 10-30 per minute.

Put your ears over the chest and listen to the lung sounds. They should be clear. Listen on both sides of the chest.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

Any cracking is abnormal. This may indicate fluid in the chest, which is common in heart disease.

The Airways

Put moderate pressure in the airway (trachea) located just below the larynx (Adams Apple). Coughing indicates a problem.

Coughing in dogs and cats is unusual. It is a sign of something irritating the airway. It can be caused by infections (Kennel Cough), heart disease, lung disease, or collapsing airways (tracheal collapse). In cats, the occasional cough is likely a hairball, although frequent coughing indicates a disease, such as feline asthma.

A common one in small dogs is due to a condition called tracheal collapse (the airway collapses in on itself).

There are a number of home remedies for coughing.

NATURAL COUGH SYRUP. Lemon and honey can soothe any sore throat. Mix 2tbspns of honey, 1tspn of lemon juice and 1/2 cup of water. Give to your dog twice daily.

Homeopathic cough syrups may also be helpful. I have used Hylands Cough Syrup dosing it at 1/2 of regular adult dose per 15lbs.

CLEANER AIR. Limit the air-born irritants. Don't smoke in your house. Keep your house as dust free as possible. Don't use any toxic cleaners. Ensure that your furnace is cleaned regularly and given a clean filter. Consider purchasing an air purifier.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

HARNESS UP. Any irritated airway will benefit from having less pressure put on it. Remove the collar and use a harness for restraint.

As a student in veterinary school, our instructors made fun of anyone who used alternative medicine. They were called Quacks.

'There is no proof....'

But how do you think that most animals in the world are treated? It's with natural medicine.

Most people in India or China can't afford to even see a vet or buy medication. They use herbs, acupressure, massage, supplements, homeopathic treatments. The animals get better, because the treatments work.

I have seen thousands of pets recover with home remedies.

That is proof. They work.

Best wishes,

Dr. Andrew Jones, DVM

P.S. Isn't it about time you snagged your own copy of my full home study course, 'Veterinary Secrets Revealed'?

You'll find it at: http://www.veterinarysecretsrevealed.com/course.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

PART 7

Evaluation of blood pressure, treating kidney disease, treating anemia, plus how and what to put into a pet first aid kit.

Checking the pulse and evaluating blood pressure

Evaluate your pets' blood pressure by palpating their pulse.

The best spot to do this is on the inside of the back leg (thigh). Place your three middle fingers across the middle of your pets inside thigh and apply moderate pressure. Here you are feeling the femoral artery. This is more difficult in small dogs and cats.

Count the number of pulses in 15 seconds and multiply that number by 4. This will give you the beats per minute (bpm).

Normal resting rates:

Cats: 150-200 bpm
Small dogs: 90-120 bpm
Medium dogs: 70-110 bpm
Large dogs: 60-90 bpm

The pulse should be strong and regular. In some conditions, the pulse can be too strong (high blood pressure). This is a common condition in cats with kidney failure. If

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

this is the case, then your pet must be seen by a veterinarian, who may check for diseases that can cause elevated blood pressure.

Kidney Disease Remedies

FLUID, FLUID, FLUID. The most important thing that you can do for your pet with renal failure is to maintain adequate hydration. Offer lots of fresh water. If your cat isn't a great water drinker, then make the switch to canned food.

LOWER PROTEIN AND PHOSPHORUS LEVELS. Newer research has shown that the most important thing to restrict in early kidney failure is phosphorus. This mineral speeds up destruction of the remaining kidney cells. Stop all dairy products, as they are very high in phosphorus. Feed a specific, moderately reduced protein diet, such as a premium quality senior diet, in the early stages. As kidney failure advances, switch to a restricted protein diet.

Mucous Membrane Color

This refers to the normal pink color of your pets' gums.

Lift up your pets lips and examine the gums. They are normally a light pink color, although this is difficult to tell in breeds with dark pigmented gums.

Assess your pet's blood pressure by measuring capillary refill time. Press your index finger on the gums and count the time it takes for the pink color to return. Three seconds or less is normal.

Greater than three seconds suggest low blood pressure, as is seen in cases of blood loss.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

In cases of bleeding your pet may become anemic. This is seen by the gums becoming a paler color, and at times even white. In this situation, it is first important to have your veterinarian determine the cause of the anemia, but there are things that you can do at home.

HOMEOPATHIC. A common remedy for many types of bleeding is Phosphorus. I would dose it at 1-3 pellets of Phosphorus 30C twice daily for 3-5 days. They will go down easier when mixed with ice cream.

ACUPRESSURE. Some veterinarians have had success using this nitrating a variety of immune related disorders. The GV14 point located at the base of the neck, between the shoulder blades. Apply pressure for 1 minute three times daily.

This discussion about bleeding leads me to the final part of the day 7 e-course.

Something every pet owner should have:

Pet First Aid Kit

Here are some basic items that all first aid kits should contain.

1. Rectal Thermometer - the newer electronic kind works best. The electronic ones beep when they are finished registering a temperature. They are slightly smaller than the glass kind. They do not break as easily. They can be covered with thin sleeves to halt the spread of germs. They can also be used as oral thermometers. They do have a battery, which will need replacing, and they are

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

more expensive then the glass ones [normal canine temperature - 100.5 to 102.5F]

2. Lubricating jelly to lubricate thermometer

3. Gel packs that can be used for hot and cold compresses

4. Adhesive tape to secure bandages - both non-stick tape and water proof tape

5. Blunt tipped scissors (a must for animal first aid - used for cutting hair away from wounds)

6. Bandage scissors

7. Splints

8. Alcohol swabs to sterilize instruments or small areas of skin

9. Antibiotic ointment for wounds (not for eyes) (i.e. Polysporin, for non-puncture type wounds)

10. Contact lens solution for rinsing eyes, to clean wounds (water can be substituted)

11. Cotton swabs (i.e. Q-tips)

12. Hibitane - a mild antibacterial soap for cleaning skin, wounds

13. Sterile cotton or cotton balls

14. Sterile Gauze Pads (the larger 4" size is better since it can easily be cut smaller if necessary)

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

15. Rolls of gauze or cling gauze bandage (1-2")

16. Hydrogen Peroxide - 10 ml every 15 minutes to induce vomiting in animals that have ingested a non-caustic poison

17. Razor Blade can also be used to shave away hair and abrade the skin following a tick bite.

18. Stockingette to protect bandage on leg or foot

19. Rubber bulb ear syringe - used for flushing eyes, ears, wounds

20. Forceps and/or tweezers

21. Self-adhesive bandage (i.e. Vetrap)

22. Numbers for the Animal Poison Hotline & Poison Control for Pets (800/548-2423 or 900/680-0000 both numbers charge a fee). The National Poison Control Hotlines for humans should also be included.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

In and of itself, healing your pet at home is easy.

The Exam: If you do this every week you will become very skilled.

Diagnosing the problem with your pet - as you become comfortable with the exam, then you get to know which area of your pet's body is affected when they are sick.

The treatment: Every natural treatment option is in my book.

These things are simple. These are the things I teach.

Why don't you get the **Veterinary Secrets Revealed Complete Home Study Multimedia Course** today and find out more about how it all works. Remember – you can order with our 3 payment plan to spread the payments out over 3 months. You can grab your course by going to:

http://www.veterinarysecretsrevealed.com/course

I hope this information has been helpful to you. I know that if you get 'Veterinary Secrets Revealed' you will find it helpful also.

Remember that no one product is going to do everything for you and your pet. You'll want to learn all the information you can -- from e-books and courses.

Learning is a great investment.

Don't read one book and expect to become an expert. It's a process and a learning curve.

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

Keep learning. Keep trying.

Best wishes,

Dr. Andrew Jones, DVM

Copyright © 2008 Four Paws Online Ltd.

http://www.veterinarysecretsrevealed.com

To order the course: http://www.veterinarysecretsrevealed.com/course

To order the e-book: http://www.veterinarysecretsrevealed.com/

Copyright © Four Paws Online Ltd. 2008. All Rights Reserved Worldwide.

About Dr. Andrew Jones

Dr. Andrew Jones is a practicing Veterinarian in Nelson BC, Canada. He has developed a special interest in natural and alternative ways to treat pets, resulting in his book and course, Veterinary Secrets Revealed and Veterinary Secrets Revealed Complete Multimedia Home Study Course**.**

www.veterinarysecretsrevealed.com/course

All contents **Copyright © 2008 Four Paws Online Ltd. All rights reserved Worldwide.**
No part of this document or the related files may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording, or otherwise) without the prior written permission of the author. ANY unauthorized reprint or use of this material is STRICTLY prohibited.

Four Paws Online Ltd.
2124 Ymir Road
Nelson, BC, V1L 6Y9
(800) 396-1534
support@veterinarysecretsrevealed.com

DISCLAIMER

All information provided on or through this book is provided for informational purposes only, is not a substitute for professional veterinary advice, care, diagnosis or treatment, and is not designed to promote or endorse any veterinary practice, program or agenda or any medical tests, products or procedures. This book does not contain information about all diseases, nor does this book contain all information that may be relevant to a particular medical or health condition. You should not use any of this information provided for diagnosing or treating a medical or health condition. If your pet has or suspect that your pet has a medical problem, you should contact your professional veterinary provider through appropriate means.

YOU AGREE THAT YOU WILL NOT UNDER ANY CIRCUMSTANCES DISREGARD ANY PROFESSIONAL MEDICAL ADVICE OR DELAY IN SEEKING SUCH ADVICE IN RELIANCE ON ANY INFORMATION PROVIDED THROUGH THIS BOOK. RELIANCE ON ANY SUCH INFORMATION IS SOLELY AT YOUR OWN RISK.

Information provided on or through this book regarding herbal treatments, home diets, dietary supplements, acupressure, human over the counter products, aromatherapy, homeopathy, and massage have not all been evaluated or approved for use in animals. **YOU AGREE TO CONSULT YOUR VETERINARIAN BEFORE BEGINNING ANY COURSE OF TREATMENT.**